

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A416 - PEACHES, FROZEN, FREESTONE, DICED, SINGLE SERVE, 4.4 OZ UNITS



CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Diced yellow freestone peaches packed in individual serving cups. Grade B or better, cut $\frac{3}{8}$ to $\frac{1}{2}$ inch. May be packed in corn syrup, sugar, juice or syrup composed of peach puree and sugar (4 + 1). Ascorbic or citric acid is also added.
PACK/YIELD	<ul style="list-style-type: none"> 96/4.4 oz units per case. Each unit contains 4.4 oz frozen diced peaches and juice. One 4.4 oz unit provides $\frac{1}{2}$ cup thawed diced peaches and juice. CN Crediting: One 4.4 oz unit diced peaches and juice provides $\frac{1}{2}$ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen peach cups in freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration. Do not refreeze peach cups once thawed. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Peaches, frozen, sliced/diced

	$\frac{1}{2}$ cup (125 g)
Calories	118
Protein	0.79 g
Carbohydrate	29.98 g
Dietary Fiber	2.2 g
Sugars	27.73 g
Total Fat	0.16 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.46 mg
Calcium	4 mg
Sodium	8 mg
Magnesium	6 mg
Potassium	162 mg
Vitamin A	355 IU
Vitamin A	18 RAE
Vitamin C	117.8 mg
Vitamin E	0.78 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Thaw unopened cups of peaches overnight in the refrigerator, spacing containers on shelves for good air circulation.
USES AND TIPS	<ul style="list-style-type: none">• Peach cups are ready to thaw and serve as a fruit, as a topping for pancakes, or as a snack.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze peaches.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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